

Your AI-Generated Schedule

Abiodun Marquis' Fall 2025 Weekly Schedule

This schedule integrates academic commitments with the provided soccer training plan. Adjust timings as needed to fit your personal preferences and travel time between locations.

Monday

Time	Task	Duration	Notes
8:30 - 9:20 AM	ENGL 1145 - Intro to Prose Fiction (Lecture)	50 min	Kinesiology Building 215
11:30 AM - 12:20 PM	MATH 1003 - Calculus I (Lecture)	50 min	F.J. Toole Hall 3
1:30 - 2:20 PM	CS 1073 - Intro to Computer Programming I (Lecture)	50 min	Gillin Hall C127
6:00 PM - 8:00 PM	Full-Body Gym Workout (See detailed workout plan above)	2 hrs	(See detailed workout plan above)

Tuesday

Time	Task	Duration	Notes
8:30 - 9:20 AM	MATH 1003 - Calculus I (Tutorial)	50 min	I.U.C. Science Library 107
10:00 - 11:20 AM	CS 1203 - Overview of Computer Science (Lecture)	80 min	Head Hall (New) C13
1:00 - 2:20 PM	ANTH 1003 - Environment and Climate Change (Lecture)	80 min	Carleton Hall 140
3:00 PM - 4:00 PM	Solo Soccer Plyometrics + Linear Speed Session (See detailed workout plan above)	60-70 min	(See detailed workout plan above)

Wednesday

Time	Task	Duration	Notes

8:30 - 9:20 AM ENGL 1145 - Intro to Prose Fiction (Lecture)	50 min
Kinesiology Building 215	
11:30 AM - 12:20 PM MATH 1003 - Calculus I (Lecture)	50 min F.J.
Toole Hall 3	
1:30 - 2:20 PM CS 1073 - Intro to Computer Programming I (Lecture)	50 min
Gillin Hall C127	
3:00 PM - 4:00 PM Soccer-Specific Strength-Endurance / Acceleration Session	
60-70 min (See detailed workout plan above)	

Thursday

Time	Task	Duration
Notes		
10:00 - 11:20 AM	CS 1203 - Overview of Computer Science (Lecture)	80 min
Head Hall (New) C13		
11:30 AM - 12:50 PM	CS 1073 - Intro to Computer Programming I (Java) Lab	80 min
Gillin Hall C112		
1:00 - 2:20 PM	ANTH 1003 - Environment and Climate Change (Lecture)	80 min
Carleton Hall 140		
2:30 - 3:20 PM	CS 1203 - Overview of Computer Science (Tutorial)	50 min
Head Hall (New) C13		

Friday

Time	Task	Duration	
Notes			
8:30 - 9:20 AM	ENGL 1145 - Intro to Prose Fiction (Tutorial)	50 min	Carleton Hall 140
11:30 AM - 12:20 PM	MATH 1003 - Calculus I (Lecture)	50 min	F.J. Toole Hall 3
1:30 - 2:20 PM	CS 1073 - Intro to Computer Programming I (Lecture)	50 min	Gillin Hall C127
2:30 - 3:20 PM	CS 1073 - Intro to Computer Programming I (Tutorial)	50 min	Gillin Hall C127
4:00 PM - 5:00 PM	Bodyweight Explosive Session for Soccer (See detailed workout plan above)	50-60 min	

****Note:**** This schedule does not include time for meals, travel, or other personal commitments. Remember to factor those into your day. The soccer training sessions

are estimates; actual durations may vary.